

Liverpool John Moores University

Title: SUPPLEMENTS AND DRUGS IN SPORT
Status: Definitive
Code: **7044SPOSCI** (120339)
Version Start Date: 01-08-2014

Owning School/Faculty: Sports Sciences
Teaching School/Faculty: Sports Sciences

Team	Leader
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Academic Level: FHEQ7 **Credit Value:** 20.00 **Total Delivered Hours:** 25.00
Total Learning Hours: 200 **Private Study:** 175

Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	20.000
Practical	4.000

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	Pos stand		50.0	
Exam	Exam		50.0	1.00

Aims

The aim of this module is to develop the students critical understanding of the use of performance enhancing drugs and supplements in sport. A critical and comprehensive understanding of the issues pertaining to supplement and drug use in sport is essential for anyone wishing to pursue a career in sports nutrition and is

indeed a key component of the SENR competencies. Sessions will include lectures, seminars and lab practicals as well as site visits and guest lecture from athletes. The information taught in this module will be essential for 7045SPOSCI in semester 2 where the students will engage in an applied work placement.

Learning Outcomes

After completing the module the student should be able to:

- LO1 Demonstrate a comprehensive understating of anti-doping rules and regulations.
- LO2 Critically evaluate the use and efficacy of supplement use within sport.
- LO3 Critically evaluate the effects of drug use on health and performance of athletes.

Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

Position stand on supplements	LO 2	LO 3
Short answer exam	LO 1	

Outline Syllabus

Week 1 Overview of supplements and drug use in sport and the role of the nutritionist

Week 2 Supplements for endurance performance

Week 3 Supplements for strength and power based sports

Week 4 Supplements and therapeutic drug use for health, injury and hospital treatment

Week 5 Anabolic Agents

Week 6 Psychostimulants

Week 7 Drugs to enhance endurance performance

Week 8 Drug detection and methods used to evade detection

Week 9 Supplement contamination and risk minimisation

Week 10 Site visit to a supplement factory (SIS)

Week 11 Athletes perspective

Week 12 Future issues and setting up a supplement and drugs policy in elite sports

Learning Activities

Lectures will form the basis of this module although there will also be some practicals, small group seminars and a site visit to a sports nutrition company's manufacturing site.

References

Course Material	Book
Author	David Mottram and Neil Chester
Publishing Year	2014
Title	Drugs in Sport
Subtitle	
Edition	Sixth
Publisher	Routledge
ISBN	978-0-415-71528-7

Notes

A comprehensive understanding of the use of drugs and supplements in sport is essential for anyone working in sports nutrition and is a key criteria in accreditation with SENr. Many athletes routinely use supplements although the understanding as to how they work and why they are taking them is often limited. This module will look at the most common supplements, the mechanisms of action, evidence for and against their use and the safety of the supplements. The testing of supplements for contaminated substances is extremely important and this module will also examine this and the ways of risk minimisation. The efficacy and danger of drug use will also be examined including both legal (i.e. over the counter analgesics) and illegal (i.e. anabolic steroids). This module will also take a critical look at the role of WADA and UKAD in their attempts to maintain drug free sport and the responsibilities of the sports nutritionist to comply with these regulations.